

# OUR QUITTING PLAN WON'T THROW YOU ANY CURVE BALLS.

Using smokeless or chewing tobacco increases the risk of oral cancers tenfold. That's one of the reasons smokeless tobacco is banned in high school, college, and minor league baseball. Now the major leagues are stepping up to the plate and considering similar bans.

If you're ready to quit smokeless tobacco, you might need a coach. Enrolling in the Quitline Iowa provides access to a highly trained Quit Coach® staff member who will help you set a quit date and provide ongoing support you need to become free from tobacco. When you join the program, you may be eligible to receive 8 weeks of free NRT, which includes a choice of patch, gum, or lozenge.

**1.800.QUIT.NOW**  
**[www.quitlineiowa.org](http://www.quitlineiowa.org)**



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669

Reference: Alex Markarian, assistant professor of otolaryngology and head and neck surgery at USC's Keck School of Medicine  
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